

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A291 - CRANBERRIES, DEHYDRATED, SWEETENED, WHOLE, 5 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Sweetened dried cranberries are processed from U.S. Grade No. B or better frozen cranberries. No additives, preservatives, or flavors are added. A sugar solution is sprayed on the cranberries to balance the tartness and give them an appropriate texture and mouthfeel. Dried cranberries may be sprayed lightly with oil to prevent clumping.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>5/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 17¼ cups ready-to-cook or -serve dehydrated cranberries and provides about 69.0 ¼-cup servings dehydrated fruit.</li> <li>One lb AP yields 1 lb (about 3⅜ cups) ready-to-serve dehydrated cranberries and provides about 13.8 ¼-cup servings dehydrated fruit.</li> <li>CN Crediting: ¼ cup dehydrated cranberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dried cranberries in a cool, dry place not exceeding a temperature of 65 °F. Shelf life is extended if the dried cranberries are stored below 45 °F.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried cranberries may be served right from the bag.</li> </ul>



### Nutrition Information

Cranberries, dried, sweetened

	¼ cup (30 g)	½ cup (61 g)
Calories	93	187
Protein	0.02 g	0.04 g
Carbohydrate	24.96 g	49.91 g
Dietary Fiber	1.7 g	3.5 g
Sugars	19.70 g	39.39 g
Total Fat	0.41 g	0.83 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.16 mg	0.32 mg
Calcium	3 mg	6 mg
Sodium	1 mg	2 mg
Magnesium	2 mg	3 mg
Potassium	12 mg	24 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.1 mg	0.1 mg
Vitamin E	0.32 mg	0.65 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Dried cranberries are a quick and easy snack.</li><li>• Sprinkle on yogurt, cereal, or fruit or vegetable salads.</li><li>• Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, and salsa.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>